

Daily Affirmations- October 2016

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Sat., Oct. 1 st	Pray daily !
Sun., Oct. 2 nd	Stop looking at what you see, look at what you can have.
Mon., Oct. 3 rd	The broken become masters at mending . Help someone.
Tues.,Oct. 4 th	Life is a gift.
Wed., Oct. 5 th	Learn from yesterday and have hope for tomorrow.
Thurs.,Oct.6 th	One day at a time.
Fri., Oct. 7 th	Determined people conquer, distracted people complain.
Sat. Oct., 8 th	Think outside your thoughts.
Sun., Oct.9 th	Something you do daily will decide your future.
Mon., Oct 10 th	Practice self - kindness.
Tues., Oct. 11 th	Seek ye first the kingdom of heaven and all else shall be added.
Wed., Oct. 12 th	Yes my life can change!
Thurs., Oct. 13 th	Have Hope, seek guidance, and help yourself.
Fri., Oct. 14 th	Life happens. Don't give up.
Sat., Oct. 15 th	Love others as you want to be loved.
Sun.,Oct 16 th	Now is not forever, this too shall pass.
Mon., Oct. 17 th	It will get better.
Tues., Oct. 18 th	If someone can't approach you they can't help you.
Wed., Oct. 19 th	I am beautiful, I am a survivor.
Thurs., Oct. 20 th	Be quick to listen, slow to speak, and slower to get angry.
Fri.,Oct. 21 th	Thank God you awoke up this morning.
Sat., Oct. 22 th	Where you are, determines what grows in you.
Sun., Oct. 23 th	Balance is the key.
Mon., Oct. 24 th	Gods purpose in your crisis is not your survival, but in your education.
Tues., Oct 25 th	The main reason we fail is broken focus.
Wed., Oct. 26 th	Count your blessing!
Thurs., Oct 27 th	What you tolerate you can't change.
Fri., Oct. 28 th	Faith comes by hearing and the hearing the word of God!
Sat., Oct. 29 th	All people fall, great ones get back up.
Sun., Oct 30 th	You are what you believe.
Mon., Oct 31 th	It works when you work it.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.

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